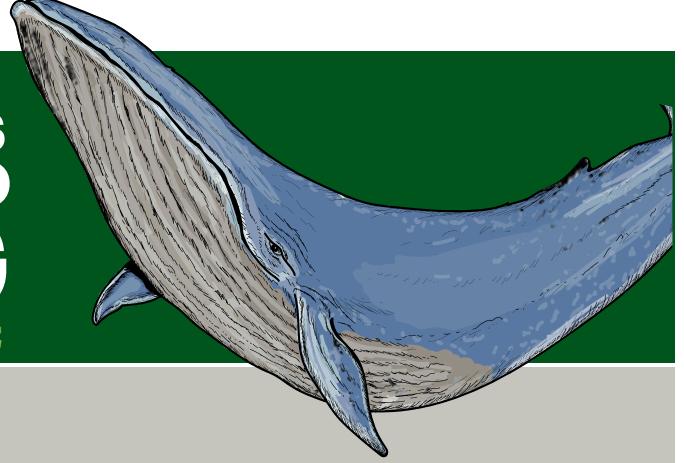


**THE STATION
LUXURY CONDO
IN BARRHAVEN**

See
Back
Cover.

**HOW
WHALES
GOT SO
BIG**
metroSCIENCE



Ottawa metro

Your essential daily news | WEEKEND, JUNE 2-4, 2017

High 14°C/Low 7°C Cloudy



THIS WEEKEND
AT THE MOVIES
**WE'RE ALL
WONDER
WOMEN**
metroLIFE



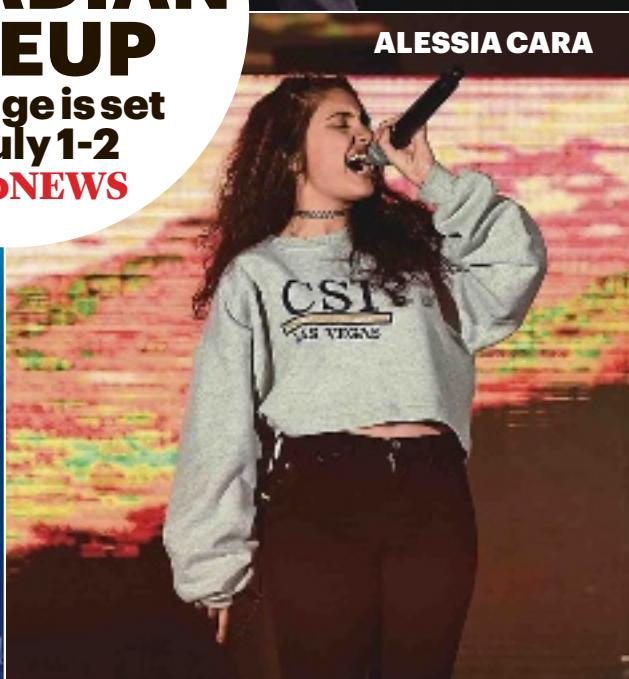
ALANIS
MORISSETTE



GORDON
LIGHTFOOT



KARDINAL
OFFISHALL



ALESSIA CARA

THE GREAT CANADIAN LINEUP

The stage is set
for July 1-2
metroNEWS

Voter fraud alleged in letter to Ontario PCs

OTTAWA WEST-NEPEAN

**Party leader
asked to step in
on 'suspicious'
nomination**

 **Alex
Abdelwahab**
Metro | Ottawa

The president of the Ottawa West-Nepean Progressive Conservative Association has sent an open letter to Patrick Brown, leader of the Ontario PCs, alleging voter fraud at its May 6th nomination meeting.

In the letter, Emma McLennan said that 28 more votes were cast than the number of people registered to cast ballots, and that further investigation has unearthed "suspicious irregularities" in the membership list.

There were two candidates in the race: Karma Macgregor and Jeremy Roberts. Macgregor won by a margin of 15 votes, fewer than the number of disputed ballots.

In an interview, McLennan said that when the ballots were counted during the meeting on May 6, they found evidence of ballot box stuffing.

"At one of the normal registration tables, there were nine ballots wadded up together and stuffed into the box," she said, and said the officials overseeing the meeting agreed that the ballot box had been stuffed. The ex-

tra ballots were rejected.

But the real issue, McLennan said, seemed to occur at the credential table, which is where a voter would go when they do not have proper identification or their name is not on the list. In such a case, she said, the person working the credential table fills out a separate form for the voter and gives them a ballot.

"There were 28 more ballots in the ballot box than there were forms for people who had supposedly registered," McLennan said.

In the letter, McLennan is asking Brown to personally intervene and call for another vote.

Since the meeting, McLennan said, she has also uncovered irregularities in the party membership list, which used to make the voters' list.

According to the rules governing candidate nominations for the Ontario Progressive Conservatives, member lists must include names, full addresses and telephone numbers of all members.

McLennan said she uncovered many addresses that were missing elements like apartment numbers and phone numbers, including, in particular, members registered at one address: 25 Woodridge Cres., an apartment building in the Bayshore area.

Nick Bergamini, press secretary for Brown, replied to a request for comment by saying that since the leader's office is funded by taxpayers, they do not deal with Ontario PC Party matters.

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NEWS

Your essential daily news



A flooded house on Bayview Drive in the Constance Bay neighbourhood on May 7. Bayview Drive is outside of the flood zone marked on the City of Ottawa's 100-year flood map. ALEX ABDELWAHAB/METRO

Ottawa showered with record rain

WEATHER

Last month was one of the wettest Mays ever in the city

 **Alex Abdelwahab**
Metro | Ottawa

It's news you probably already figured out yourself: May 2017 was one of the wettest Mays on record for the Ottawa area.

According to data from Environment and Climate Change Canada, a record amount of rain fell at the Ottawa International Airport during the month. Meteorologist Geoff Coulson said that 177.6 millimetres of rain fell at the airport.

"The previous record was

164.3 millimetres, set back in 1986," he said.

However, Environment and Climate Change Canada monitors the weather from several different sites, and Coulson said the observation site at the Experimental Farm, closer to Ottawa's downtown, didn't quite set a record. But it came very close. The Experimental Farm reported 183 millimetres, the record was 185.6 millimetres at

that site, also set back in 1986, Coulson said.

He didn't have good news for people hoping for a nicer month of June.

"I think a lot of folks in the Ottawa area are probably tired of seeing rain in the forecast," he said.

"Unfortunately, the trend does look like it's going to stay on the damp side at least for the first half of June."



Rideau River Dock Dog Diving Competitions

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OTTAWA DOG FESTIVAL

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For more information, please visit: <http://www.justice.gc.ca> & <https://www.wocrc.ca/programs/violence-against-women>
or call 613-591-3686

We would like to congratulate our Peer Support Program for 25 great years as well as being awarded the Attorney General's Awards of Excellence



5 things to do in the city this weekend

It's not a weekend in Ottawa without a list of fun activities — and with summer upon us there's plenty to choose from. **RYAN TUMILTY METRO**

Play On - Saturday and Sunday



You won't have to pause for cars or to let your little brother play during a massive road hockey game, with 25 rinks constructed on the runway of the Rockcliffe Airport this weekend. The Play On! tournament has been running in Ottawa for 10 years and will feature local teams battling for glory.

Bicycle's Biergarten - Saturday

Bicycle craft brewery is hosting their second annual Biergarten event, at the St. Charles Market on Beechwood Avenue. The event features DJ's and opportunities to sample the brewery's new beers. Proceeds from the event are being donated to Re-Cycles a community bike co-op in Ottawa.

Pow Wow - Saturday and Sunday

Getting there will be a bit of a hike, but if you're prepared for a drive to Maniwaki, the Kitigan Zibi Anishinabeg community is welcoming people from all over to their Pow Wow this weekend. The event will include traditional dancers and drummers and is free to the public on both Saturday and Sunday.



City of Om - Saturday

Get your Yoga mat and prepare to find your inner peace at the City of Om at Lansdowne Park on Saturday. The event features a variety of workshops for the beginner and experts, as well as some free programming and food trucks.

WestFest - all weekend

More than a dozen artists will take the stage at WestFest this year including headliners Deejay NDN from a Tribe Called Red, Monkey Junk and Lemon Cash over the three-day event. The event takes place in Laroche Park in Mechanicsville and is completely free. The event runs Friday from 4 p.m. to 11 p.m. and on Saturday and Sunday from 11 a.m. to 11 p.m.

FOOD TRUCKS

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ottawadogfestival.ca

Mayors want provinces to pay infrastructure share

FUNDING

Caucus wants a commitment to fund 40% of major projects

Ryan Tumilty
Metro | Ottawa

The country's big city mayors want the provinces to match the historic infrastructure commitment the federal government has made, so they can build more transit, more social housing and more roads.

The Big City Mayors' Caucus called on provincial governments across the country to match the billions the federal government has committed for up to 40 per cent of major infrastructure projects.

If the provinces committed to funding 40 per cent of projects as well, cities would be on the hook for 20 per cent, which Edmonton Mayor Don Iveson, chair of the caucus said is in line with what they can afford.

"That's why we need the

provincial governments to step up," he said.

Mayor Jim Watson was asked directly if Ontario was providing enough funding and was direct in his response.

"The short answer is no," he said. "We would like to have a better arrangement when it comes to funding these projects, because the federal and provincial government have greater capacity."

Watson said while the province is providing a lot of funding for the current LRT projects if it was doing more, more work could get done.

"It would allow us to fast track a lot more projects."

Federal Infrastructure Minister Amarjeet Sohi said the provinces have to come to the table. "The outcomes we want to achieve are not possible without a strong working relationship with our provincial partners."

He said they're working with provinces on the funding, but he hopes they will come to the table so more can get done.

"Our goal is to build more infrastructure with those additional dollars."



Federal Minister of Infrastructure and Communities Amarjeet Sohi addresses a press conference in Ottawa Thursday as Montreal Mayor Denis Coderre, left, Edmonton Mayor and chair of FCM's Big City Mayors' Caucus Don Iveson, second from right, and Ottawa Mayor Jim Watson, right, look on. THE CANADIAN PRESS

EVENTS

Two Canada Day concerts to rock Parliament Hill

Parliament Hill will play host to two major concerts this Canada Day as the country turns 150 years young.

Heritage Minister Mélanie Joly announced the lineup for the major concerts including the regular event on Canada Day and a special WE day concert on July 2.

Joly said the event had to be big to celebrate the country's

major milestone.

The Canada Day event will feature Alessia Cara, Dean Brody, Serena Walker, Walk off the Earth, Louis-Jean Cormier, Kinnie Start, Lisa LeBlanc, Mike Tompkins, Laurence Nerbonne, Buffy Sainte-Marie and Gordon Lightfoot.

Also in attendance, but not performing will be Prince Charles and Camilla, the Duch-



We don't want Canada 150 to just be sitting back in lawn chairs.

Craig Kielburger

ess of Cornwall.

Joly said there would be more names to come in the week ahead. Before the big event, Chantal Kreviazuk and Raine Maida will play a concert

in Major's Hill Park on June 30.

At the WE day event on July 2 the Barenaked Ladies, Hedley, Alanis Morissette, Kardinal Offishall and Chris Hadfield will all take the stage.

Craig Kielburger, one of the founders of WE day, said having a second concert was a way to get some momentum out of the birthday party. "We don't want Canada 150 to just be sitting back in lawn chairs."

The concert will feature the performers along with encouragements to young people to get involved.

RYAN TUMILTY/METRO

SMART SERVE Bill seeks training on assault

An NDP MPP wants anyone selling alcohol in the province to have training on sexual assault and sexual violence.

Peggy Sattler, the NDP MPP for London West, introduced a private member's bill on Thursday requiring that sexual harassment and violence training be part of the training for the Smart Serve program.

Smart Serve is a requirement for bartenders and servers across the province that teaches how to recognize when someone has had too much to drink.

Sattler said sexual assault cases often involve alcohol and a sizable number of those incidents start at licensed establishments.

"Often the victims report that they suspect there was something put into their drink," she said.

The government provided funding last fall for the industry to develop training on sexual violence, but Sattler said it's unclear if all restaurants and bars will pick it up.

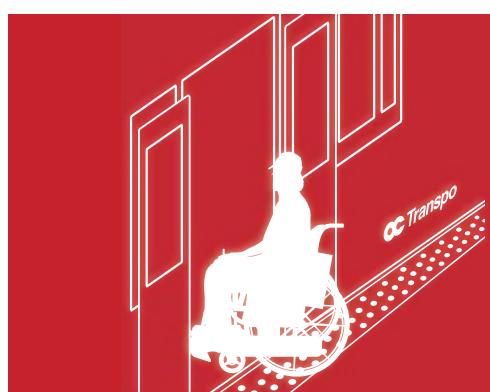
Current Smart Serve training is done online. Sattler said she is confident incorporating these issues is possible.

"There can be effective ways to help bystanders recognize when someone may be in a situation where their safety is at risk."

In the fall session of legislature MPPs will draw a lottery to decide which private member's bills get hearing. Sattler said a high spot for her in the lottery could help move it along, but the government could also take the idea and make it part of their legislation.

"There is a lot of support for this, so the government can move forward independent of whether this private member's bill goes forward."

RYAN TUMILTY/METRO



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U.S. pulls out of Paris accord

ENVIRONMENT

Decision is a blow to global efforts to stem climate change

U.S. President Donald Trump has announced his intention to withdraw the United States from the historic Paris agreement on fighting climate change, dealing a blow to the international effort to address a problem he calls a hoax and isolating the U.S. from almost the entire world.

Trump added that he would attempt to negotiate a climate deal on different terms, though he did not say what kinds of changes would satisfy him.

The absence of the U.S. may make other countries, developed and developing, feel less compelled to meet their own commitments under the accord.

"In order to fulfil my solemn duty to protect America and its citizens, the United States will withdraw from the Paris climate accord, but begin negotiations to re-enter either the Paris accord or a really entirely new transaction on terms that are fair to the United States," Trump said



Donald Trump said the U.S. is ready to begin negotiations on another deal. GETTY IMAGES

in a speech in the White House Rose Garden on Thursday afternoon. "So we're getting out, but we will start to negotiate."

The withdrawal of the world's biggest economy and second-biggest emitter of carbon dioxide could have far-reaching consequences for the climate and for international affairs. Trump's decision, which triggered a global chorus of condemnation, increases the chances that the world will experience the most catastrophic

consequences of sharply rising temperatures, such as deadly droughts and heat waves, severe coastal flooding and mass migration.

It was unclear what Trump would seek to renegotiate. The national emissions reduction targets central to the deal are voluntary; Trump, in other words, could essentially have negotiated with himself, making the U.S. target less ambitious while remaining in the agreement.

But he framed the deal as a kind of global conspiracy to take advantage of the U.S., imposing few burdens on other top polluters while hampering American firms with supposed restrictions he did not specify. He called it "very unfair, at the highest level, to the United States."

He aimed his rhetoric at the heartland voters unhappy about the decline of traditional manufacturing, saying the deal would keep factories from closing.

+ DETAILS

The withdrawal makes the U.S. the third country to put themselves outside of the pact. The other two are Syria, which is embroiled in a civil war, and Nicaragua, which believes the deal was not stringent enough.

"I was elected to represent the citizens of Pittsburgh, not Paris," he said.

That memorable line drew a response from Pittsburgh's Democratic mayor, Bill Peduto.

"As the Mayor of Pittsburgh, I can assure you that we will follow the guidelines of the Paris Agreement for our people, our economy & future," he said.

At very least, Trump's decision signals a major shift in the U.S. approach to international relations. Using the kind of nationalist language favoured by his chief strategist, Steve Bannon, he called it a "reassertion of American sovereignty." His critics in both parties described it as evidence of a retreat from America's traditional position of global leadership.

TORSTAR NEWS SERVICE

PHILIPPINES

Terror ties doubted in shooting

Gunshots and explosions erupted after midnight in a hotel and casino complex near Manila's airport, sending hundreds fleeing into darkened streets early Friday in what police said was an attack by a lone gunman with no apparent links to terrorism.

A Filipino operative for Daesh, in a quick communiqué, took responsibility for the attack. But police cast doubt on any such links. It was not immediately clear if anyone was killed in the attack or even if it had concluded.

The violence unfolded as Muslim militants aligned with Daesh fended off government forces for a 10th day in the southern city of Marawi. That unrest had sparked fears that the militants might attack elsewhere to divert the focus of thousands of troops trying to quell the siege.

The gunman stole gambling chips, shot an LED monitor and set gambling tables ablaze by pouring gasoline on them, but did not fire at people he met, officials said. THE ASSOCIATED PRESS

ONTARIO

Ex-nurse pleads guilty to murdering eight seniors

She had become "overwhelmingly angry" about the direction of her career and life and said God was telling her to kill.

On Thursday, Woodstock nurse Elizabeth Wettlaufer pleaded guilty to murdering eight elderly patients at the three long-term care homes where she once worked. When Justice Bruce Thomas of Superior Court asked if she was admitting to fatally injecting her victims with insulin for no medical reason, she replied: "Yes, your honour."

Wettlaufer also pled guilty to attempting to kill four other

people, and to two charges of aggravated assault.

Now one of the most prolific serial killers in Canadian history, she is facing what could be the harshest sentence ever doled out in this country.

If Justice Bruce Thomas of the Superior Court accepts the sentencing recommendations jointly put forward Thursday by both the prosecution and defense, the 49-year-old would be sentenced to eight consecutive 25-year life sentences for first-degree murder and an additional 54 years for the other charges. She is due back

in court on June 26.

Family members in the packed courtroom sobbed as Wettlaufer quietly responded "guilty" as the names of each of the victims were read aloud in court.

Some left in tears as details of the murders were aired throughout the day, first by an agreed statement of facts that took several hours for the prosecutor to read aloud and then through a two-and-a-half-hour videotaped confession with police.

The police investigation into Wettlaufer began last September after they became aware of in-

formation she had given to the Centre for Addiction and Mental Health in Toronto. After being released from CAMH, Wettlaufer agreed to speak with police and appeared before a judge.

She was diagnosed with adult anti-social behaviour, major depressive disorder and mild opioid/alcohol dependence, court heard. In the videotaped interview with detectives, she said that she used drugs to fuel her addiction, including from a safe where deceased patients' medication would be stored.

TORSTAR NEWS SERVICE

ECONOMY

Financial support for lumber industry

Natural Resources Minister Jim Carr is announcing \$867 million in financial supports to help lumber producers and employees weather the impact of punishing new U.S. tariffs on Canadian softwood exports.

The package includes loans and loan guarantees to help cushion the blow for forestry companies and to help them exploring new markets and innovations.

The help includes \$260 million to help diversify the market base for Canadian lumber products, allow the Indigenous forestry sector to explore new initiatives and extend work-sharing agreement limits to minimize layoffs.

The money also includes measures to support workers who want to upgrade their skills and transition to a different industry.

THE CANADIAN PRESS

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iMARKETING

OTTAWA

Human trafficking charges laid


**Alex
Abdelwahab**
Metro | Ottawa

Ottawa Police have charged an Ottawa man and woman with several charges related to human trafficking.

According to police, the victim, a young female, went missing from Ottawa in mid-April. She was found by Barrie Police and brought to a safe location.

Ottawa Police took over the investigation and

charged two people in the case on Monday. Tyler Floyd, 30, and Amanda Mailloux, 28, both face nine charges related to human trafficking, including:

- material benefit from sexual services provided by a person under 18
- distributing child pornography
- financial trafficking in a person by exercising control
- and, trafficking in a person under 18 years old by exercising control.

Floyd is also facing an

+ HELP SOUGHT

Police seek further leads
Police are asking anyone with information to come forward.

additional two charges of forcible confinement and assault causing bodily harm.

The pair appeared in court on Tuesday. Police believe there may be more victims.

WITH FILES FROM THE CANADIAN PRESS

= MMIW

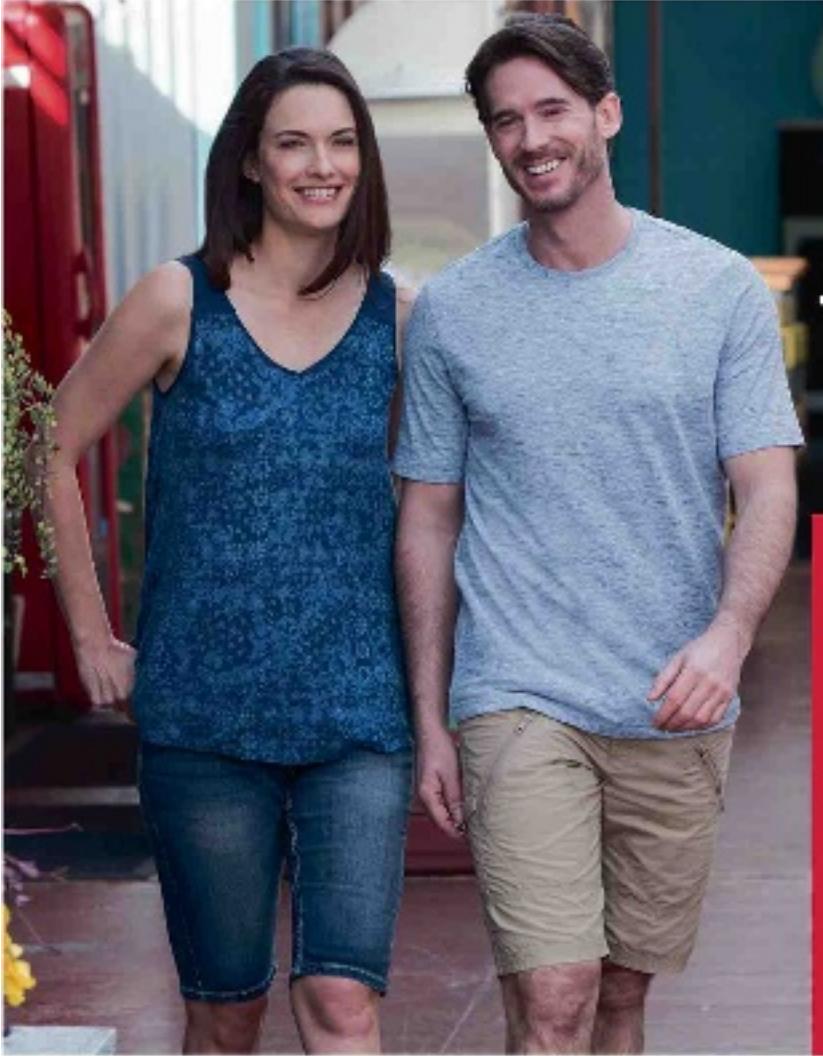
Format of hearings criticized

The quasi-judicial format of family hearings at the National Inquiry into Missing and Murdered Indigenous Women and Girls is drawing some criticism. Joan Jack, a lawyer and family member of a murdered indigenous woman, expects to testify today on the closing day of hearings in Whitehorse. Jack says the formal processes of the inquiry, such as the swearing-in of witnesses, is making many uncomfortable. CP

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Your essential science news

Ancient DNA has been recovered from 3,400-year-old Egyptian mummies

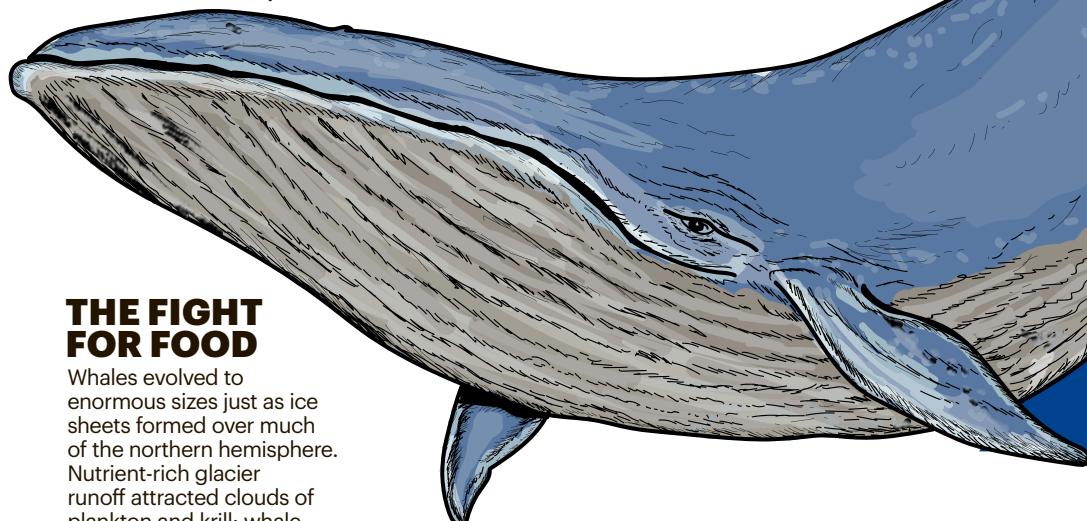


DECODED by Genna Buck and Andrés Plana

HOW WHALES GOT SO HUGE

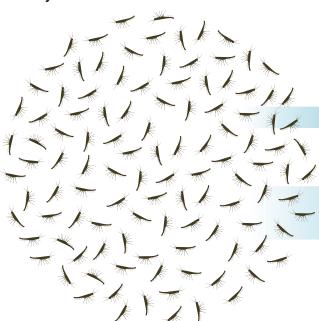
They're the biggest animals to have ever lived on Earth, as far as we know. And a new study says baleen whales — the group of gargantuan filter-feeders that includes bowheads, fin whales, and the biggest of all, blue whales — all became enormous rather quickly, about 4.5 million years ago. Why?

Scientists suspect it has to do with their diet.



THE FIGHT FOR FOOD

Whales evolved to enormous sizes just as ice sheets formed over much of the northern hemisphere. Nutrient-rich glacier runoff attracted clouds of plankton and krill: whale chow. But these buffets appeared at different times in different parts of the world, requiring whales to sojourn across the sea.



Smaller whales couldn't feed as much or travel as far; many went extinct.



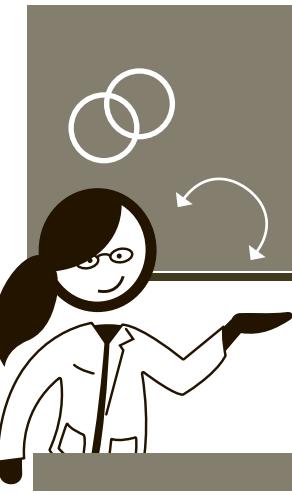
Blue whales grow up to **30 metres** long and can weigh **136,000 kg**, maybe more.



Bigger whales stored more energy, ate more and could swim vast distances. They were more likely to survive and reproduce.



SOURCE: INDEPENDENT EVOLUTION OF BALEEN WHALE GIGANTISM LINKED TO PLIO-PLEISTOCENE OCEAN DYNAMICS, JOURNAL OF THE ROYAL SOCIETY B.



CITIZEN SCIENTIST by Genna Buck

The raw milk debate isn't about milk at all

For decades, raw milk has been inaccessible in Canada except to those with a cow handy. Commercial milk must be pasteurized to kill germs. Before this was routine, milk-borne outbreaks — typhoid, polio, listeria — felled thousands, primarily children.

Personally, the word "listeria" puts me off. But others, like farmer-activists Michael Schmidt and his wife Elisa Vander Hout, feel differently. They love raw milk.

They're currently embroiled in a court case in Newmarket, Ont., arguing their raw dairy co-op

does not constitute an unauthorized "milk plant" in the province.

I don't know enough about the legal stuff to comment. But I don't think that's what this is actually about. It's about trusting experts.

People who reject science and put themselves at unnecessary risk generally drive me nuts. But I tried to step back and look at this objectively.

I spoke with Vander Hout, and she half-convinced me. If adults who understand the risks want to drink raw milk, and precautions

are taken, is it more dangerous than steak tartare or raw eggs?

I asked three experts. Doug Goff, a food science professor at the University of Guelph, said milk from many cows and farms is typically pooled, increasing the potential for contamination exponentially. His colleague, professor Jeff Farber, said milk is a staple food we're exposed to much more than treats like steak tartare. Mansel Griffiths, who edited a dairy science journal, said four per cent of Ontario milk contains dangerous germs, pre-pasteur-

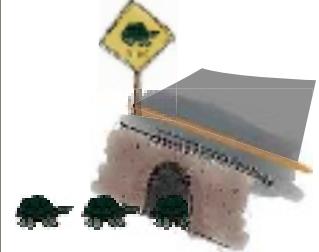
ization, and milk-borne diseases pass from person to person, so milk can seed outbreaks that extend beyond direct consumers. It's far more practical and safe to pasteurize and be done with it.

Raw milk has benefits: It's reportedly delicious, ferments beautifully, and is associated with reduced allergies among children who live on dairy farms. But the immense risks far outweigh them. On that, I trust the experts.

Science Question?

citizenScientist@metronews.ca

FINDINGS
Your week in science



TURTLE REVOLUTION

A teeny-tiny Ontario town has totally tamed its tally of tortured turtles. Back in 2003, 10,000 creatures, including rare Blanding's turtles, met their deaths every year on the 3.6-km highway connecting the peninsula hamlet of Long Point on Lake Erie to the mainland. But the community rallied for change, erecting fences, flashing signs and under-highway turtle tunnels. Careful scientific monitoring has shown an 89 per cent reduction in turtle mortality.

SOUND SMART



DEFINITION

Plankton are a diverse group of species that live totally suspended in large bodies of water, unable to swim against a current.

USE IT IN A SENTENCE

I ate so much over the long weekend, pies were as defenceless as **plankton** against the current of my appetite.

PHILOSOPHER CAT

by Jason Logan



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How fast is the Bell network in Ottawa?

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bell.ca/network

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got better

metronet WEEKEND

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL



Gal of wonder

Gadot discovers power in superhero's iconic costume

INTERVIEW

Canadian director Soren still a child at heart



Richard Crouse

For Metro Canada

David Soren calls Captain Underpants: The First Epic Movie, his adaptation of Dav Pilkey's best-selling books for kids, subversive.

The animated film is the story of rambunctious fourth graders George Beard and Harold Hutchins (voiced by Kevin Hart and Thomas Middleditch). Best friends, they write, illustrate and sell homemade comics about their favourite character, Captain Underpants. "Most superheroes look like they're flying around in their underwear," they giggle. "This guy actually does." They are also pranksters so often in trouble there are two chairs outside the principal's office labelled, "Reserved for George" and "Reserved for Harold."

You need a little bit of that nonconformist attitude when you are an artist, and making movies in general.

David Soren



MOVIE RATINGS by Richard Crouse

Wonder Woman	★★★
Captain Underpants	★★
Drone	★★
#AnAmericanDream	★★

HOW RATING WORKS
★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Soren says that wild temperament "is one of the things that made the books successful and controversial at the same time. I've never personally understood the controversy, specifically in the case of the books. There is a rebellious spirit to those characters. They are not little angels and I think that is part of why kids love reading them."

George and Harold's principal, Mr. Krupp (voiced by Ed Helms), is a grumpy old man who hates comics, Christmas and kittens among other things, and has a

plan to put an end to the pranks and annihilate their friendship. "They've got a terrible principal," Soren continues, "who is doing horrible things to their school, cancelling music and arts and putting an electronic door opening in his office instead. (It's good to) stand up to that kind of authority, it deserves to be questioned."

"These days it is not a bad thing for kids in general to have their own voice and stand up for themselves and have rights. I always saw that as a really inspiring part of those books and a key to their success."

"I think of my son now. He's in fourth grade and in the earlier grades there was a lot more creativity, a lot more play in the education and suddenly it gets a lot more regimented. It gets more like school and it is sort of frustrating



Ed Helms lends his voice to two characters, including the titled hero, in Captain Underpants.
DREAMWORKS ANIMATION

to watch how that can be beaten out of kids. You want to protect that aspect of creativity."

The Toronto-born, Hamilton-raised animator has worked in Los Angeles for 20 years, working on films like The Road to El Dorado, Chicken Run and Shrek, and writing and directing Turbo, the story of a snail who dreams of racing in the Indianapolis 500. It's a résumé that suggests he's hung onto his childlike creativity.

"I think it is something I never

lost. You need a little bit of that nonconformist attitude when you are an artist, and making movies in general. Especially when you're trying to get a point of view across. Movies are best when they have a point of view and if they get too watered down or become too generic they cease to have an identity anymore."

There's no question Captain Underpants: The First Epic Movie has an identity. How many other movies feature a talking toilet

said of the actress. "She's a pretty amazing person."

For Gadot, wearing Wonder Woman's classic red-and-blue costume helped her feel like a superhero — especially once the outfit was retooled after she made her debut as the character in last year's cinematic showdown between Batman and Superman.

"The first time I tried the costume was for Batman v Superman and it was tight and it was different," she said. "This time around we did a lot of adjustments because I had to wear it for six months, six days a week, every week so I had to feel really comfortable in it and be able to perform and move and fight."

The actress was empowered by an additional six months of pre-production training that included horseback riding, swordplay and dramatic fight choreography. And even if she can't quite see herself as Wonder Woman — a Lynda Carter for the next generation — wearing the costume brings her the closest.

"It always gives me a little bit of oomph, I would say," Gadot said with a superhero smile. "Like now I'm stronger." THE ASSOCIATED PRESS

or a musical Whoopie Cushion symphony?

"Obviously you can't make a Captain Underpants movie without potty humour," he says. "But we did hold ourselves to a very high standard. We would not go there unless it was truly very funny."

When I compliment Soren on giving a character the wonderfully silly name Diarrheastein, he's chuffed. "I will take that as a great compliment," he laughs.

Family takes centre stage for Shakira

MUSIC

Mother of two recently released her 11th album

Shakira may be a Grammy-winning, multiplatinum singer, but these days she's calling music a hobby.

Singing has taken a back seat to motherhood for the 40-year-old Colombian sensation, who has two sons, ages 4 and 2.

"For years I spent my life pressing pause on those things that are now my priority, like having a family. I pressed pause on that. Now, I hit play," Shakira said with a laugh. "I formed a family, and it's the most wonderful thing, the most important thing to me. And before, I used to be the centre of my whole world and the beginning and the end, the alpha and omega of my whole world, and now my kids and my family are

that one priority."

Shakira said it was difficult to approach making new music after spending so much time with her family. When she started working in the recording studio, she said she dealt with writer's block and didn't want to be away from her children.

"I was in front of this white canvas and sort of panicking, and I was, at the same time, conflicted because I didn't want to stop spending time with my kids, but I also wanted to attend to my own needs as a creator, as an artist, as a producer," she said.

She decided to release music in her own way and at her own pace. Instead of putting out a full album, she released songs when she wanted without announcing when an album would

finally come.

"It completely changed my game and it incentivized me to make more music and not take this whole project as a whole body of work, but just concentrate all of my energy on each song and take and do all of the efforts but one song at a time ... instead of looking at this project like a big Everest mountain that I had to climb," she said. "I began to see it as a ... fun road trip."

"It was more fun than any of my previous albums because before I had many demands (and) requests by others."

Before she released her 11th album, *El Dorado*, last week, Shakira dropped four singles, including "La Bicicleta" with Carlos Vives — which won song and record of the year at last year's

Latin Grammys — and "Chantaje," a No. 1 hit on Billboard's Hot Latin songs chart with fellow Colombian singer Maluma.

Shakira co-wrote all of the tracks and said they are very personal.

"These songs are very personal songs, but you know, I have no other way to make music. It's the only way I know. It's (a) catharsis for me ... otherwise I would have to pay too many shrinks and they're expensive," she said with a laugh.

THE ASSOCIATED PRESS

Shakira's newest album, *El Dorado*, was made on her own terms.

VICTORIA WILL/INVISION/
THE ASSOCIATED PRESS



Gossip DIGEST

RUMOURS

Jennifer Garner miffed about People magazine cover

This week's issue of People features a smiling Garner with the words "Life After Heartbreak" along with an article detailing her split from husband Ben Affleck. The 45-year-old actress wrote on Facebook that she didn't pose for the cover or "participate in or authorize" the article.

Garner is also shooting down tabloid reports that she's pregnant with twins, writing "I have three wonderful kids and my family is complete."

A People spokesperson said the story on Garner "is fair and truthful," and "does not say she's pregnant."

THE ASSOCIATED PRESS



INVESTIGATION

Cornell's widow awaiting toxicology report

Chris Cornell's widow says she's grateful for the support her family has received in the wake of the Soundgarden frontman's death last month, but she still doesn't know what caused him to hang himself.

"We still have several unanswered questions about what led to his death," Vicki Cornell said in statement Thursday. "We believe the toxicology report will answer these questions."

Cornell family attorney Kirk Pasich says Detroit legal officials denied his request for police and toxicology reports because the investigation remains open.

THE ASSOCIATED PRESS



Serena Williams watches sister Venus' match against Kurumi Nara during the French Open on Wednesday. THE ASSOCIATED PRESS

CELEBRITIES

Tennis star lauds learning gender at the time of birth

Serena Williams wants everyone to slow down with all of the "It's a girl!" talk prompted by her sister Venus.

The pregnant tennis star sent out a tweet on Thursday to "clarify what Venus said" after the older sibling appeared to accidentally let something slip during a TV interview with Eurosport at the French Open, when she said, "She's going to call me 'Favourite Aunt.'"

Venus' use of the pronoun "she" led people to assume Serena is expecting a girl.

But a day later, Serena wrote: "I think the surprise of knowing what you are going to have on that very special day you give birth is prob the best surprise you can ever have."

She continued: "I did not grow up with brothers, only sisters and we all say 'she' more than 'he.'"

Serena announced her pregnancy with Reddit co-founder Alexis Ohanian in April, but has not hinted at the baby's gender.

She is due in the fall and is taking the rest of this season off, but plans to return to the tour in 2018. Serena sat in the stands during Venus' second-round victory at Roland Garros on Wednesday.

THE ASSOCIATED PRESS

CHARITY

SCTV alums team up for fundraiser

Break out the beer and tuques: Bob and Doug McKenzie are reuniting in the name of charity.

Rick Moranis and Dave Thomas are reviving their portrayals of the dim-witted losers of SCTV fame for a star-studded comedy fundraiser at The Second City in Toronto on July 18.

"Take Off, Eh!" will also feature Dan Aykroyd, SCTV alums Martin Short, Catherine O'Hara, Eugene Levy and Joe Flaherty, as well as 'The Kids in the Hall' stars Dave Foley,

Scott Thompson and Kevin McDonald.

Former "Late Show" band-leader Paul Shaffer, Ian Thomas and Murray McLauchlan will be the musical headliners.

The benefit is being held in support of Thomas's nephew, Jake, who was left paralyzed from the waist down after suffering a spinal cord injury while snowmobiling in January.

Funds raised will go towards Jake Thomas and family as well as to Spinal Cord Injury Ontario.

THE CANADIAN PRESS



Rick Moranis and Dave Thomas THE CANADIAN PRESS

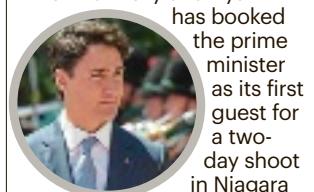
TELEVISION

Trudeau hosts morning show with Ripa and Seacrest

Live With Kelly and Ryan has booked the prime minister as its first guest for a two-day shoot in Niagara Falls, Ont. Other guests slated for Monday's show include Orphan Black actress Tatiana Maslany and American singer Erin Bowman.

Live With Kelly and Ryan airs on CTV and ABC.

THE CANADIAN PRESS



Your essential daily news

Philadelphia's Rocky statue closed two weeks for site improvements



Go beyond bagels in Montreal

FOOD & DRINK

Renowned restaurateurs, plus local lunch delights

Renée S. Suen
travel@metronews.ca

Back in 2006, the now-defunct Gourmet magazine published an issue devoted to the culinary prowess of Montreal. Moved by a desire to devour every suggestion, I ate my way through the city, guided by my Post-it flags.

From Toqué! to Joe Beef and Au Pied de Cochon, my first foray into Montreal's unique and enviable dining scene was an introduction to its luminaries: Normand Laprise, Martin Picard, David McMillan and Fred Morin. Built on Québécois recipes, traditional haute cuisine and locally grown ingredients, these chef-restaurateurs are responsible for the experiences that continue to define Canadian cuisine.

Ask anyone for Montreal recommendations and I guarantee most will be food-related. The must-tries are endless: smoked meat, raw-milk cheeses, brewpubs or Montreal-style bagels.

I discovered the link between



Long-time regular Morti Braustein, pictured with third-generation owner Sharon Wilensky, can remember when the **Wilensky Special** was only 17 cents, in 1952. RENÉE S. SUEN/FOR METRO

those flavours and the 120 cultural communities who settled along Boulevard St-Laurent on Fitz & Follwell's Flavours of The Main walking tour. A trove of knowledge, guide Louis Trudel deciphers everything encountered on the Destination Canada-recognized Signature Experience.

We focus on the north end, navigating through historical and significant landmarks, and taste examples of Montreal's rich immigrant heritage.

In Little Portugal, I learn the boulevard served as a physical divider between language, ethnicity and class as I bite through the flaky crust of Boulangerie Séraphin's pasteis de natas (Portuguese custard tarts).

English-speakers populated the west; French-speakers stayed in the east," explains Trudel, "and immigrant communities, like the Chinese, Eastern European, Italian and Portuguese, was the bridge between them."

In old-world Mile End, we

stop at Fairmount Bagel for a sesame bagel, and watch the staff churn out the iconic honey-water-boiled then wood-oven-baked numbers.

Before the next stop, I get a hushed warning: "There's always mustard and it's never cut. The only option you get is if you want cheese."

Gotcha. Intimidation quickly melts away as we belly up to the linoleum counter at Wilensky's Light Lunch. It's like we've stepped into 1932,

save for the updated prices. I take a cue from the regulars and order the special: an all-beef bologna and salami sandwich. It's incredible. An umami bomb tucked within griddle-pressed cornmeal-dusted crusty golden layers of happiness.

The humble sandwich draws my attention from the homemade cherry cola and surrounding tchotchkies.

On the other end of the budget and culinary spectrum, juxtaposing this backdrop of culture and history, there's Casino de Montreal's controversial new L'Atelier de Joël Robuchon.

While critics credit the world's most decorated chef for his merit, Robuchon's residency has many Montreal-based restaurateurs wagging their fingers of discontent specifically at the rumoured \$11 million spent on the project and the perception that government assistance was given to building a French import, and not into nurturing the local scene.

The opening volley of house-made breads uses Québec-sourced wheat and cheeses. Buttery fist-sized sea scallops from the Magdalen Islands are simply seared and topped with ginger and chives. Free-range Cerf de Boileau venison is a marvel of supple rare flesh snuggled close to seared Marieville foie gras, and punctuated by tart Notre-

WALK IT OFF

Fitz & Follwell's Flavours of The Main is divided into Segment 1 (Chinatown, former Red Light district, Jewish Quarter, and Little Portugal) and North City (Mile End and Little Italy, ending at Jean-Talon Market). Each three-hour tour can accommodate up to 12 people. The cost is \$65 for adults, which includes food and drink samples, a bottle of water, and public transportation.

Dame-de-Lourdes cranberries.

Montreal isn't simply bagels and smoked meats, it boasts a sophisticated food scene. Here, an international headliner won't distract hungry diners from delicious local gems — Toqué!, Joe Beef or Wilensky's. Nor does it aspire to. Instead, L'Atelier's ability to fit in confirms that Montreal's established scene can welcome a highly respected culinary brand, and hold its own.

The world takes notice.

TORSTAR NEWS SERVICE

Renée S. Suen was hosted by Tourisme Montréal, Loto-Québec and the Casino de Montréal, which didn't review or approve this story.

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TRAVEL NOTES SWEET SAND, HOT DANCE

Best beach in the U.S. is no snooze

Florida's Siesta Beach has been named America's best beach on an annual top 10 list compiled by coastal science professor Stephen Leatherman, also known as Dr. Beach.

The Florida International University professor ranks best public beaches using criteria sand and water quality, environmental management and amenities.

Siesta Beach's fine, white sand, placid water and clean facilities led to it taking the top spot.

Rounding out the top five were Kapalua Bay Beach in Maui, Hawaii; Ocracoke Beach on North Carolina's Outer Banks; Grayton Beach State Park on the Florida Panhandle; and Coopers Beach in Southampton, N.Y. THE ASSOCIATED PRESS

Flamenco fete's 30th bash hits New Mexico

Dancers from across the U.S. and Spain will converge in New Mexico for the 30th anniversary of a preeminent international flamenco festival.

The gathering organized by the world-renowned National Institute of Flamenco will be held June 10 through 17 in Albuquerque.

Flamenco is a form of Spanish dance and folk music that developed from Romani music and dance more than two centuries ago. Festival Flamenco Internacional De Alburquerque will feature well-known flamenco dancers, along with workshops, history lectures and events for children.



THE ASSOCIATED PRESS

South Korea sends its love north

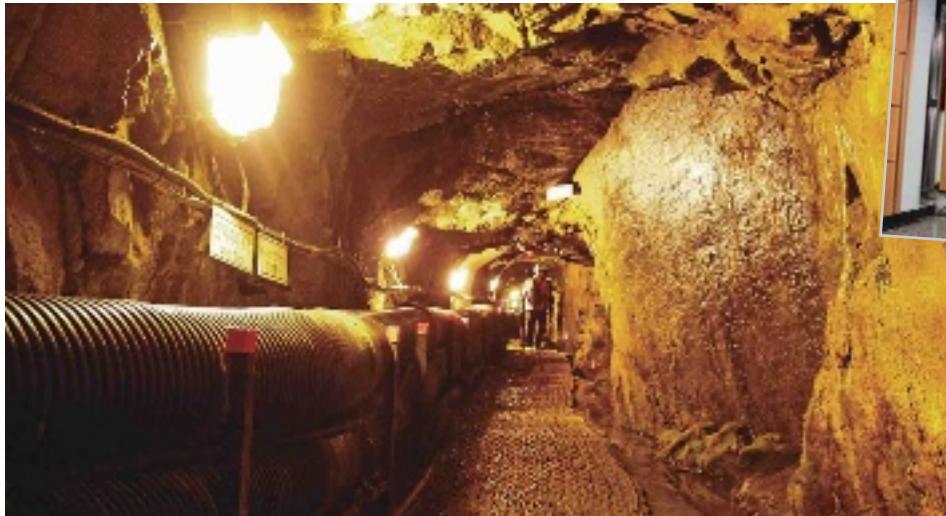
SOUTH & NORTH KOREA

Demilitarized zone has mines, propaganda and hope

David Bateman
travel@metronews.ca

A muscle-bound soldier inspects my passport, sternly eyeing my clean-shaven face. I've been warned not to look scruffy for Cosmojin's tour of the demilitarized zone (DMZ) separating North and South Korea. Unkempt tourists are targets for North Korean propaganda posters. I'd rather avoid the infamy.

First stop, the Third Tunnel of Aggression, one of four discovered infiltration tunnels dug by the authoritarian north since the armistice was signed in 1953. A distant loudspeaker blasts North Korean propaganda. CCTV cameras watch us shuffle down the dingy, cramped tunnel. We can't take photos. It's a military facility. There's barbed wire everywhere. On short notice, tours can



An image taken by touring company Cosmojin inside the **Third Tunnel of Aggression**, a military facility where visitors can't take photos. Inset: the tunnel's entrance. COURTESY COSMOJIN

be cancelled for safety reasons.

In 1976, North Korean DMZ troops hacked two American officers to death with an axe. The north regularly threatens nuclear attack on the U.S., and periodically encourages and orchestrates terrorist attacks against their fellow Koreans to the south.

Facing aggressive propaganda

wailing from loudspeakers, and

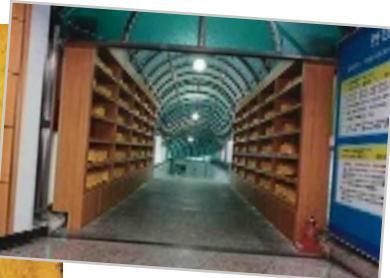
the somewhat more concerning underlying threat of nuclear obliteration, South Korea does not get angry. South Korea delivers the most humiliating derision of North Korea I can fathom. It plays Lionel Richie.

"I can see it in your eyes. I can see it in your smile. You're all I've ever wanted and my arms are open wide cause you know

just what to say, and you know just what to do, and I want to tell you so much..."

I love you, South Korea.

The tour guide, SP Hong, treats grim reality with similar levity. Leaving the tunnel, he points to a Christian cross atop a hill and says, dryly: "Love thy neighbour. Do not bomb thy neighbour."



He mocks his own country's propaganda in a "welcome to the DMZ" video that claims, in the same sentence, the "DMZ will live forever" and Korea will one day unify again. "How can it do both?" he asks, gleeful.

A glint in his eyes, Hong jests the tunnels are a "special handmade gift from North Korea to South Korean tourism."

We go to the second stop, the Dora Observatory. Land mines, indicated by red triangles bearing a skull and crossbones, are scattered next to the road. The observatory looks toward a fake, empty "propaganda" village in North Korea, created to tempt defectors from the South.

Two enormous flagpoles rise from either side of the demarcation line. South Korea erected a 100-metre pole in the 1980s. In retaliation, North Korea erected

one of the world's largest flagpoles, around 160 metres.

According to our guide, the Third Tunnel of Aggression symbolizes the past relationship of North and South Korea. The observatory symbolizes the present. We're now going to the symbol of the future, the empty Dorasan train station.

South Koreans enthusiastically embrace any opportunity for symbolism. In Seoul, at the War Memorial of Korea, there is a statue featuring two clocks. One is eternally set to the time of Korea's division, the other will start ticking when reunification takes place.

An optimistic sign at Dorasan train station points toward Pyongyang, North Korea's capital. A billboard declares "Not the last station from the South. But the first station toward the North."

South Korea is Lionel Richie, yearning for the North, asking "is it me you're looking for" but our guide Hong is a realist. For decades, he's heard the North is verging on collapse and nothing has changed. He no longer believes unification is going to be easy like a Sunday morning.

TORSTAR NEWS SERVICE

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OTTAWA

metro SPORTS

The Mets say the person caught flipping the bird to a fan in the Mr. Met costume Wednesday was an understudy and has been taken off mascot duty

Jays finally soaring after awful April

MLB

Toronto back in form following injury woes; big June required

A bounceback May has left the Toronto Blue Jays' atrocious April in the past. Their play in June may provide the best indicator yet of whether this team is primed to be a contender or pretender this season.

There is definitely some spring in the step of the Blue Jays thanks to a run of eight wins in nine games that capped an impressive 18-10 month.

"Hopefully from here on out we play good steady ball for the next four months and see where it takes us," said Blue Jays manager John Gibbons.

Injuries were a major problem in the early going and the disabled list still includes outfielder Steve Pearce (calf) and starting pitchers Aaron Sanchez (finger) and Francisco Liriano (shoulder), although the latter is expected to return Friday.

The Blue Jays won just two of their first 13 games and were an eyebrow-raising 10 1/2 games out of the division lead on May 9 at 12-21. Injured stars like Josh Donaldson and Troy Tulowitzki eventually returned to the lineup, players emerged from their slumps, and balls that fell near the warning track in April were clearing the fences in May.

"It was a really rough month of April, that's no exaggeration," Gibbons said. "We could have buried ourselves."

The homer-heavy formula that has taken the Blue Jays to the American League Champion-



Justin Smoak, left, Kendrys Morales, Josh Donaldson, right, and the Blue Jays' offence has been revived in the month of May. TOM SZCZERBOWSKI/GETTY IMAGES

ship Series the last two years is working again. Decent starting pitching and a resurgent bullpen have helped too.

Backups like Ryan Goins, Ezequiel Carrera and Darwin Barney played well after being forced into everyday roles. The lineup has slowly returned to its normal look and team confidence has grown along the way.

"Gibby was preaching to us the whole time to stay the course, don't fall off, keep plugging and things are going to turn around," said second baseman Devon Travis. "The guys really took to that. (May) was a fun

month, for sure. We're looking forward to keeping that going."

Travis has certainly done his part. He rebounded from a poor

April with 20 extra-base hits in May, including a go-ahead homer that helped the Blue Jays complete a three-game sweep of the Cincinnati Reds this week.

Slugger Jose Bautista has also bounced back after an opening month to forget. He had one homer and a .178 batting average on April 30 but entered play Thursday with 10 homers and a .251 average.

A full-time role has agreed with first baseman Justin Smoak, who has emerged as a key cog in

the order with 12 homers and 34 RBIs. Kevin Pillar, meanwhile, has settled into the role of leadoff hitter while maintaining his stellar defensive play in centre field.

It was hoped designated hitter Kendrys Morales would replace some of the production lost by Edwin Encarnacion's departure. Morales has delivered so far and is on pace to be in the 30 HR/95 RBI neighbourhood by season's end.

A lot can change in a month. A strong effort against New York this week would put the Blue Jays in a position to think about leading the division rather than bringing up the rear.

"It'd be nice to continue playing well right now," Gibbons said. "The timing would be perfect. We'll see." THE CANADIAN PRESS

It was a really rough month of April, that's no exaggeration
Jays coach John Gibbons

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



SOCER

Fury deserve credit for TFC win: Dalglash

For Ottawa Fury coach Paul Dalglash, taking on the best team in Major League Soccer was "bigger than David versus Goliath."

"Just to put things in perspective, we don't have one player on our team on the MLS minimum (US\$65,000 for a senior player). Not one," said Dalglash.

Toronto FC lived up to its Cadillac billing after a slow start Wednesday, with Tsubasa Endoh scoring a goal and helped create another in a two-minute spurt late in the first half. Substitutes

Marky Delgado and Sebastian Giovinco added insurance goals late on as Toronto won 4-0 on the night and 5-2 on aggregate to reach the Canadian championship final.

Ottawa, which plays in the second-tier USL, beat a weaker Toronto lineup 2-1 in the first leg last week at TD Place Stadium. Dalglash said his players deserved more credit than they got for that win. "I want to make sure these guys get the credit they deserve," he said. THE CANADIAN PRESS

CHAMPIONS LEAGUE

Ronaldo's red hot going into final



League, one in the quarter-finals against Bayern Munich and another in the semifinals against Atletico Madrid. In Madrid's final three Spanish league games, he scored five goals to lead the team to its first title in five years.

Cristiano Ronaldo

GETTY IMAGES

THE ASSOCIATED PRESS

IN BRIEF

Bouchard exits French Open

An ailing Eugenie Bouchard was eliminated from the French Open on Thursday following a 6-3, 6-0 loss to 17th-seed Anastasija Sevastova.

The player from Quebec clearly struggled, committing 22 unforced errors and failing to save break point on seven of nine chances. THE CANADIAN PRESS

Kluber key in Indians' win

Corey Kluber pitched six shutout innings and struck out 10 in his first start since May 2 and the Cleveland Indians scored four runs during a strange sixth inning to beat the Oakland Athletics 8-0 Thursday.

Kluber (4-2) recorded his 26th career double-digit strikeout game.

THE ASSOCIATED PRESS



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MAKE IT TONIGHT

Not-too-sweet Blueberry Lemon Corn Cake

PHOTO: MAYA VINSKY

Ceri Marsh & Laura Keogh
For Metro Canada

This not-too-sweet cake is sure to become a summer staple on your table. It's the perfect foil for fresh berries, whipped cream or even a scoop of ice cream.

Ready in 1 hour

Prep time: 15 minutes
Cook time: 45 minutes
Serves 8

Ingredients

- 2 cups spelt flour
- 1 cup corn meal
- 1/2 cup sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- pinch of allspice
- 1/2 cup coconut oil, melted
- 1 cup Greek-style yogurt
- 2 eggs
- 2 Tbsp maple syrup
- 1/4 cup lemon curd
- 2 tsp vanilla extract
- juice and zest of 1/2 a lemon
- 11/2 cups blueberries

Directions

1. Preheat oven to 350. Grease a 9-inch round springform pan with cooking spray.
2. In a large mixing bowl, whisk flour, corn meal, sugar, baking powder, soda, salt and all-spice until combined.
3. In a separate bowl, mix coconut oil and yogurt. Whisk in the eggs one at a time and then stir in the maple syrup, lemon curd, extract, as well as lemon juice and zest; mix until smooth.
4. Add the wet ingredients to the dry and stir until just combined. Don't over mix. Fold in the blueberries.
5. Pour batter into prepared springform pan and bake in the oven for 40 to 45 minutes, or until toothpick inserted into the centre comes out clean. Remove cake from oven and allow to cool in the pan for about 10 minutes. Gently remove cake from pan and place on a wire rack to completely cool. Serve cake with additional berries and yogurt.

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*** IT'S ALL IN THE STARS Your daily horoscope by Francis Drake**

Aries March 21 - April 20
This is a challenging day at work. You feel it in the morning, and you feel it in the afternoon as well. Bummer. Yes, happy hour beckons strongly!

Taurus April 21 - May 21
Be patient with kids today, because there will be challenges. Likewise, this is a rocky day for romance. Patience is your best ally to help you keep a lid on things.

Gemini May 22 - June 21
Do your best to keep the peace at home and with family members today because someone will be cranky. This mood starts in the morning and continues into the afternoon. Not good.

Cancer June 22 - July 23
You might be short-tempered in the morning, which in turn makes dealings with someone older a bit strained. Someone might even criticize you. Hang in there.

Leo July 24 - Aug. 23
For some reason, this is not a happy money day for you. You might quarrel about finances or a possession in the morning. In the afternoon, you feel broke or squeezed. Good luck.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign; however, you likely will be at odds with a parent or boss in the morning. Best to zip thy lip. In the afternoon, an older family member might be on your case. Oh well.

Libra Sept. 24 - Oct. 23
Avoid controversial subjects today, especially about politics, religion and racial issues. They will only create arguments and resentment. 'Nuff said

Scorpio Oct. 24 - Nov. 22
Be patient with a female friend or acquaintance today so to avoid an argument. Do not fall into worry mode or critical thinking this afternoon.

Sagittarius Nov. 23 - Dec. 21
A squabble with someone in a position of authority might occur this morning. Don't let this get you down in the afternoon. It's important for Sagittarians to be optimistic.

Capricorn Dec. 22 - Jan. 20
Steer clear of controversial subjects today. Likewise, don't argue about travel plans. Nevertheless, criticism from others might be a downer.

Aquarius Jan. 21 - Feb. 19
Avoid arguments about inheritances and shared property today, because they will simply be a waste of time. Postpone decisions for tomorrow, which is a great day!

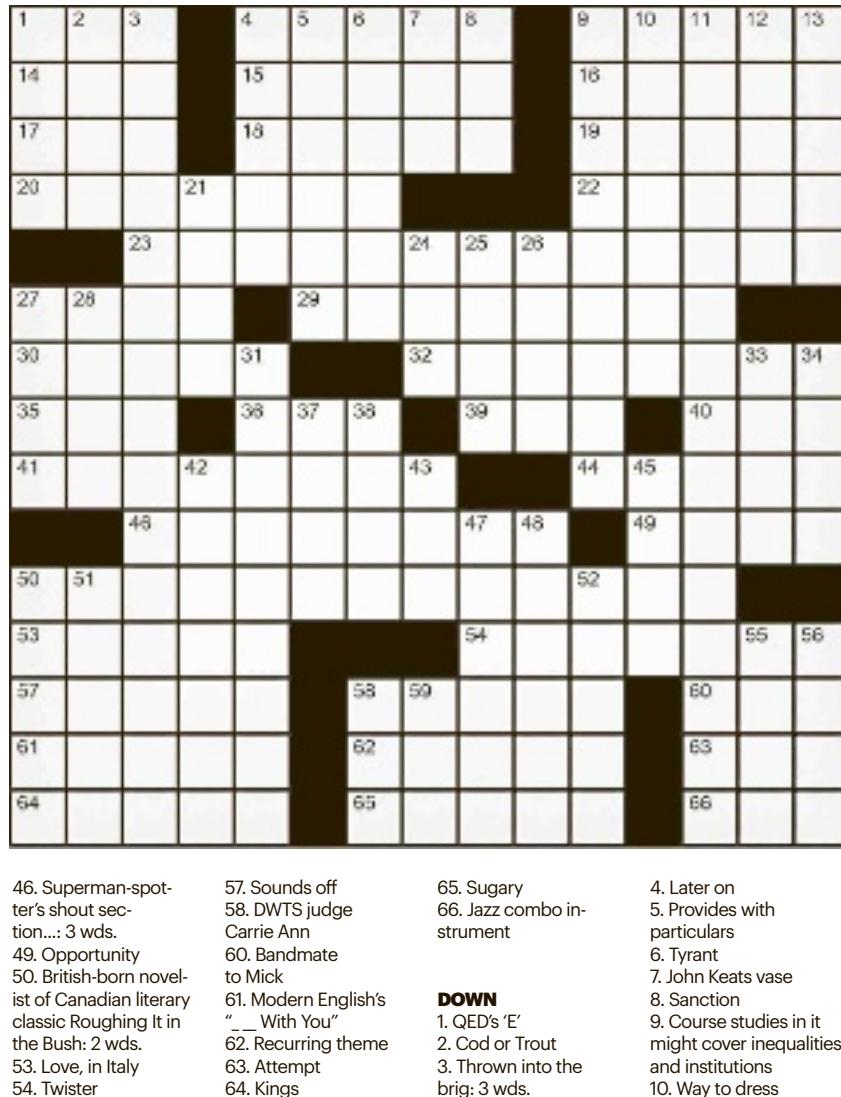
Pisces Feb. 20 - March 20
Be accommodating with others today, because the Moon is opposite your sign. Avoid family arguments in the morning. Avoid discussions with bosses in the afternoon. (Yikes!)

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BY KELLY ANN BUCHANAN



for board meetings: 3 wds.
11. "Something To Live For" by Barney Bentall and The ___
12. Pitching ___ (Camper's task)
13. Grass roll's characteristic
21. Bananas brand
24. Herbert of 'Pink Panther' flicks
25. Mend
26. Pro wrestler, John ___
27. Patron saint of Norway
28. ___ Sci (College major, commonly)
31. Cluttery conditions, colloquially: 2 wds.
33. Man, in Milan
34. "___ Petite" by Jackie Wilson
37. Skim
38. Band's big brass
42. Shake up
43. Mr. Robbins
45. 'Z' ___ Zeballos
47. Revolve
48. The ___ Brothers (Rock band)
50. Draped garments
51. Savoury fifth taste
52. Beginning blueprint
55. "___ the Explorer"
56. Cameo component
58. AOL exchanges
59. Immediately

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9			5	4	7			
			9	3	2			
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1						5		6
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